



# The Chalice Light

The Newsletter of the  
First Unitarian Universalist Church of Lubbock, Texas  
A Welcoming Congregation

Volume 54, Number 18

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## *Sunday Morning*

**Service 11:00AM**

**Children's and Adult Classes or Forum 10:00AM**

## *West Texas UU Gathering September 17 - RSVP by Wednesday, Sept 14*

### Services

**September 11:** "How to Live: Or, A Life of Montaigne"

**September 18:** "Sunday Promises"  
Rev. Jennifer Innis

### Children's Religious Education

**Younger Children:** Tapestry of Faith

**Older Children:** Social Justice

### Forum

**September 11:** "Gov. Rick Perry and Dominionism", Harvey Madison

### Intersections – Adult Religious Exploration

**September 11:** *No Intersections – Meet with Forum*

**September 18:** Time Magazine article on book "Love Wins" by Rob Bell, Don MacNair

### **Information**

The Chalice Light is a publication of the First Unitarian Universalist Church of Lubbock, TX. It is published every two weeks. Send newsletter items to [firstuu@nts-online.net](mailto:firstuu@nts-online.net).

The First Unitarian Universalist Church of Lubbock is a religious community of free minds which supports your free and responsible search for truth and meaning.

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## Sunday Morning Services – Details...

**September 11:** "How to Live: Or, A Life of Montaigne" Though he wrote over 400 years ago, Michel de Montaigne has been called the first modern man. The speaker offers an exploration of Montaigne's ideas, a presentation freely adapted from a new biography by Sarah Blakewell.

**September 18:** "Sunday Promises" Rev. Jennifer Innis will talk about the ways we commit to caring for each other and serving together in the larger movement of liberal religion. She just concluded five years as the minister for the Unitarian Universalist Church of Midland. Jennifer continues to enjoy her consulting ministry at First Jefferson Unitarian Universalist Church in Fort Worth and life with her spouse, the Rev. Patrick Price, and their son, Nate. The family is expecting a baby girl in January

## Services – Looking Ahead...

**September 25:** "Water Ceremony"

**October 2:** "Women's Freedom in Iraq", Kayt C. Peck, CFRE, the Contract Chief Development Officer for the Organization of Women's Freedom in Iraq (OWFI).



*Adult Religious Exploration,  
where religion intersects culture,  
science, and politics –*

## Sunday Morning Intersections: Details...

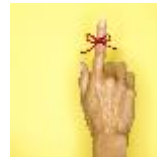
**September 11:** *No Intersections – Meet with Forum*

**September 18:** Time Magazine article on book "Love Wins" by Rob Bell, Don MacNair

## Intersections - Looking Ahead...

**September 25:** Topic from "12 Steps to a Compassionate Life" by Karen Armstrong, led by Jamie Naquin

**October 2:** Planning Session



## Mark Your Calendar!

(See articles for more information)

**September 10:** Flower Bed Work Party 9-11 AM

**September 13:** Board Meeting, 7:30 PM

**September 13:** Death Penalty Vigil at the United Congregational Church, 5:45 PM

**September 15:** Public Education Forum, 5:30 PM

**September 15:** Death Penalty Vigil, 5:45 PM

**September 17:** West Texas UU Gathering (here)

**September 18:** Next newsletter deadline

**September 18:** Potluck after service

**September 20:** Death Penalty Vigil, 5:45 PM

**September 21:** Death Penalty Vigil, 5:45 PM

**September 26:** LINK (Liberty in North Korea)

"Reliance" Tour, 7 PM at St. John's UMC

**September 27:** Legislative Breakfast, 7:30 AM

**October 3:** Sunday Services Committee, 7:00 PM





## Sunday Morning Forums Fall Schedule

By Patsy Malin

**September 11:** Gov. Rick Perry and Dominionism,  
Harvey Madison

**September 25:** “Social Media in Community  
Engagement”, Michael Trice

**October 2:** “Education Reform in Texas”,  
Dr. Gary Bell

**October 9:** “Interfaith Dialogue: Theory and  
Practice”, Dr. Mark Webb, Chair,  
Philosophy Dept.

**October 30:** “The ACLU and Civil Liberties”,  
Harvey Madison

**November 13:** “Filtering Ideas on the Internet”,  
Michael Trice

**December 11:** “Teen Straight Talk”, Kathleen  
McPherson and Linda Brice, UMC



## West Texas UU Gathering September 17

By Pat Smith, Past President

*Y'all Come!!*

Our church will again host other West Texas UU churches and fellowships to share and learn from each other. The program will run 10:00AM – 3:30PM. Lunch will be served.

Three breakout groups are planned, and participants may select the one they want to work with. One group will share information on stewardship in the broadest sense, such as member orientation and integration, visitor welcoming, service in our own church as well as in the outside community. Another group will discuss stewardship as part of the annual budget drive. A third will be on sexuality education (OWL: Our Whole Lives), and a “mini-lesson” will be given to youth. Each breakout group will meet in the morning to share information. In the afternoon, the groups will develop action plans. They will then come together to communicate their plans to the others. Lastly, we will plan for the next gathering and consider other opportunities for working together.

*RSVP by September 14. Child care will be provided.*



## Building and Grounds

By Murray Coulter, President

There will be a short work party from 9-11 AM on Saturday, September 10th to spread the wood chip mulch and add a few plants to the front flower bed. One hour is all we ask, but come and stay longer if you like. Bring your work gloves and a wheel barrow if you have one.





## Death Penalty Vigils

By Rita Chamblin

Our UUA position on the death penalty is:

*Holding capital punishment as inconsistent with human life on account of its retributive, discriminatory, and non-deterrent character.*

General Assemblies of the Unitarian Universalist Association have opposed capital punishment restoration or continuance in any form (1961, 1966, 1974, 1979 and 2000). How much longer will we, as a nation aspiring to democracy and fair play, condone capital punishment? How much longer will we, as a nation aspiring to liberty and justice for all, condone the ultimate loss of liberty for so many, whose numbers include a disproportionate percentage of persons of color? As a community of faith promoting justice, equity, and compassion in human relations, we call for an end to the death penalty.

Come join us at St. John's United Methodist Church on the following dates from 5:45 pm to 6:15 pm to stand against the death penalty. On each of these dates, a prisoner in Texas is scheduled to be executed. We stand outside on the corner at St. John's parking lot, some of us holding signs for the passing cars to read for part or all of the vigil, depending on how hot it is. You may join in song and prayer, or stand silently with our friends and neighbors, witnessing for an end to the death penalty.

Vigils currently scheduled for: September 13 at the United Congregational Church, September 15, September 20, September 21, October 27, and November 9.

If you plan to attend and would like updates in case of stays of execution, please email me at [murphyhamblin@yahoo.com](mailto:murphyhamblin@yahoo.com)



## Social Action

By Sara McLarty

*Save the Dates:*

*Public Forum September 15<sup>th</sup>*

*Legislative Breakfast September 27<sup>th</sup>*

The League of Women Voters will hold a Public Education Forum on Thursday, September 15, at 5:30 p.m. at St. John's United Methodist Church, 1501 University Avenue. A panel of experts will discuss the current and future role of the federal government in public education and the importance of quality education in this community.

And on Tuesday, September 27, The League will host a public Legislative Breakfast to hear reports from Senator Duncan and Representative Perry and possibly Representative Frullo about the recent legislative session and to give those attending the opportunity to ask the legislators questions. The event is at 7:30 a.m. in the Arnett Room of Covenant Lakeside. The cost, which includes breakfast, is \$20 for individuals and \$200 for a table of eight. [Invite your friends and neighbors to this informative and interesting event.](#) For reservations and additional information, call 744-0023 or email [lwvlubbock@att.net](mailto:lwvlubbock@att.net)

# 北韓離脫住民

(Residents who renounced North Korea)

## LINK (Liberty in North Korea) “Reliance” Tour

By Rita Chamblin

September 26<sup>th</sup>, 7 PM

St. John's United Methodist Church

A joint effort between St. John's United Methodist Church and First Unitarian Universalist Church. Screening of a documentary about the crisis surrounding North Korean refugees.

Representatives of LINK will speak before and after the documentary.

Admission is free; contributions are welcome and merchandise will be available for purchase to help fund their work.



## Wheelock Whippets Update

By Sara McLarty

Feel great about your response to the call for school supplies for our neighborhood public elementary school, Wheelock. Our new Programs/Activities Coordinator, Stephanie Blackwell, delivered the gifts recently from our overflowing collection center. If you are interested in tutoring, contact Rita Chamblin at [murphyhamblin@yahoo.com](mailto:murphyhamblin@yahoo.com).

Remember, the need at Wheelock is ongoing. We also support Women's Protective Services year round. See the list of needs near the collection center for all our gifts.



## Ethical Eating: News to Munch On

By Rita Chamblin

### Eat Your Spinach

What was it in that spinach that Popeye ate that gave him such strength? Iron, of course.

How much iron do we need? (From the Food and Nutrition Board at the Institute of Medicine; individual needs may vary)

Males – age 19 and older: 8 mg/day

Females – age 19 to 50 years: 18 mg/day

Females – 51 and older: 8 mg/day

Where else can we get our iron from non-animal sources? There are many, but here's a list of some you might not have thought about.

Spirulina (1tsp): 5 mg

Cooked soybeans (1/2 cup): 4.4 mg

Pumpkin seeds (1 oz.): 4.2 mg

Quinoa (4 oz.): 4 mg

Blackstrap molasses (1tbsp): 4 mg

Tomato paste (4 oz): 3.9 mg

White beans (1/2 cup): 3.9 mg

COOKED SPINACH (1/2 cup): 3.2 mg

Dried peaches (6 halves): 3.1 mg

Prune juice (8 oz.): 3 mg

Lentils (4 oz.): 3 mg

*“He's strong to the finish 'cause he still eats his spinach, he's Popeye the Sailor Man.”*





## Needs and Gifts Exchange

Need something or want to give away something? Do you have something you think the church could use? Or do you need something that the church has but is not using? If so, contact the office. Let's take advantage of each other's generosity! Information will be posted on the bulletin board.



## Ongoing Church Activities



**Sunday Services Committee:** First Monday of the month, 7:00 PM.



**Board Meeting:** Second Tuesday of the month, 7:30PM



**Church Office Hours:** 11:00AM – 3:00PM, Monday, Wednesday, Friday



## Let's Sing!

Sunday morning from 9:30-10:00 in the sanctuary.



## Other Activities at the Church



**Yoga classes with Ann Moore** (\$5.00 per class):  
Tuesday and Thursday: 6:00PM  
Saturday: 10:00AM.



## Lubbock Unitarian Facebook

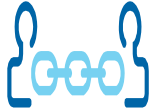
<http://www.facebook.com>





## Board Members

President	Murray Coulter
Vice-President	Jim Glatz
Secretary	Jamie Naquin
Treasurer	Rita Chamblin
Past President	Pat Smith
Trustee	Billy Criswell
Trustee	James Holder



## Standing Committees/Chairs

Building/Grounds	Murray Coulter
Membership	Duane Christian
Religious Education	Shannon Vyff
Social Action	Sara McLarty
Sunday Services	Rita Chamblin, Duane Christian, Pat Smith



## Our Vision

We are Lubbock's leader in liberal religion, spiritual exploration, and rational inquiry.



## Our Mission

Our mission is to promote the growth of Unitarian Universalism in Lubbock.

- We advocate and participate in our broader community to promote peace, social justice, mutual respect, and environmental stewardship.
- We are a welcoming, inclusive, and supportive liberal religious community which celebrates personal growth, upholds universal values, and provides a safe shelter for those searching for truth and meaning.



First Unitarian Universalist Church

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RETURN SERVICE REQUESTED

*The Chalice Light is a publication of the First Unitarian Universalist Church of Lubbock, Texas. The First Unitarian Universalist Church of Lubbock is a religious community of free minds which supports your free and responsible search for truth and meaning. To learn more, visit our website at <http://www.uulubbock.org>*



*"To dare is to lose one's footing momentarily. Not to dare is to lose oneself."*

*- Soren Kierkegaard*